OMRON

INSTRUCTION MANUAL

OMRON Pedometer
計步器

Model 型號 **HJ-005**

Thank you very much for purchasing the OMRON Pedometer.

Please read this Instruction Manual before using the product to ensure safe and correct use.

Please keep this Instruction Manual always at hand for your future reference.

A Good Sense of Health

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Before Using the Unit

Safety Information

Please read this section carefully before using this unit

Warning ⚠

Keep the unit out of reach of young children. If a child swallows battery, cover, or screw, consult a doctor immediately.

Caution ⚠

- Do not disassemble, repair, or modify the unit. It may cause damage, or accident.
- Do not throw the battery into fire. It may cause explosion.

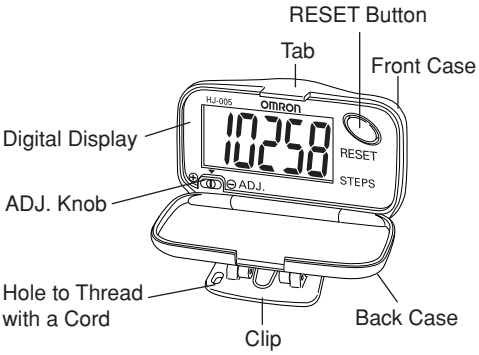
General Advice

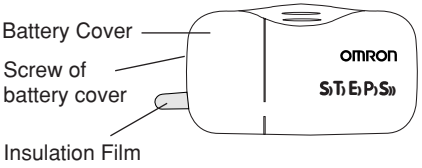
- Avoid exposing the unit to strong shock.
- Do not force open the main unit.
- Do not press too hard or twist the clip.
- The main unit is not waterproof. Do not wash it or touch it with wet hands.

Features of the Pedometer HJ-005

- ❑ **The measurement sensitivity of the number of steps can be personalized according to the requirement of each user.**
- ❑ **Large and clear display of the number of steps for easy reading.**
- ❑ **Ease of usage**
- ❑ **A spring clip is provided for easy attachment of the unit.**
- ❑ **Compact and simple design**

Name of Parts

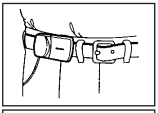




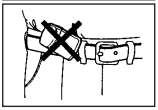
How To Use the Unit

How to Attach the Pedometer

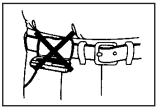
- Attach the unit to your belt or to the top of your shorts or pants.



- The unit must be horizontal to the ground in order for it to function correctly.



- The case should be closed during use, and opened only to see the readings. (The unit will not count steps if the case is open.)



- To prevent the unit from dropping, we recommend that you use a cord to tie it to your belt.

Your Pedometer may not be able to display the step count correctly when:

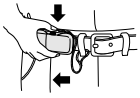
- Walking at an inconsistent or irregular pace, as in crowded places.
- Walking or jogging in sandals, clogs, slippers etc.
- Engaging in intense sports or exercises with varying up and down movement, e.g. climbing the stairs .

How to Start

1. Turn on the pedometer by pulling out the insulation film.

2. Attach the unit securely to your belt, trousers, skirt, or jersey pants with the clip.

3. Push out the tab forward to open the front case. Press the RESET Button to reset the number on the display to 00000. Close the front case.

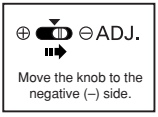


4. Walk 100 steps to check if the pedometer counts the number of steps correctly.
   If there's any discrepancy between the number of steps you take and the number shown on the display, adjust the sensitivity accordingly. (Refer to Page 6.)

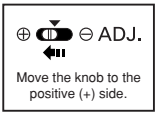
How to Adjust the Sensitivity

This unit is adjusted to +/– 5% accuracy (+/– 5 steps against 100 steps) measured by standard walking on a flat surface in the correct posture.

- Attach your digital pedometer properly and walk 100 steps.
- If the step count displayed is 5 steps or more than actual, shift the ADJ. Knob slightly to the negative (⊖) side.



- If the step count displayed is 5 steps or less than actual, shift the ADJ. Knob slightly to the positive (⊕) side.



Repeat the 100 steps test again and adjust the ADJ. Knob accordingly till you reach the +/– 5 steps count accuracy against your actual strides.

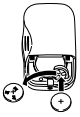
NOTE:
Readjust the sensitivity if you change your pace of jogging, walking or competitive walking etc.

Replacement of Battery

1. Remove the screw on the battery cover with a Phillips screwdriver.

2. Open the battery cover and remove the worn battery.
   Do not use metal tweezers or a screw driver to remove the battery.

3. Insert a new battery with the correct alignment of polarities as shown in the figure.



4. To close the cover, fit the claws of the battery cover into the grooves until they click.

5. Fasten the screw to the battery cover.

NOTES:
- Use a LR43 type battery.
- Replace the worn battery with a new one immediately.
- Dispose of worn battery properly.

Troubleshooting

How to Care and Store the Unit

How to Clean the Unit

- Always keep the unit clean before use.
- Wipe the main unit with a soft dry cloth.

If necessary, use a cloth moistened with water or detergent and squeeze it well before wiping the unit, then wipe dry with a dry cloth.

- Please make sure water do not get into the main unit.
- Do not use benzine, thinner, or gasoline to clean the unit.

Care and storage

- Do not store the unit in the following conditions:
  - i) Where water may get in.
  - ii) Extreme high temperature and humidity, direct sunshine, and dusty places.
  - iii) Where there will be sudden shock, vibration.
  - iv) In storage places of chemicals or where corrosive gas is generated.

- Keep the unit out of reach of children.
- If you are not using the unit for a prolong period (three months or more), remove the batteries before storage.

OMRON will not undertake any responsibility if you fail to observe the above-mentioned notes and correct use of the unit.

When Problem Occurs

Problem	Probable cause	What to do
Nothing is displayed.	The polarities of battery (+ and –) are not aligned properly.	Insert the battery in correct alignment.
The display is weak.	The battery is worn out.	Replace the battery with a new one (LR43).
The values displayed are wrong.	The pedometer is not attached correctly.	Refer to the section on "How to Attach the Pedometer." (Refer to Page 4)
	You are walking at an inconsistent pace.	Try to walk in a consistent pace all the time, in proper footwear.
	The ADJ. Knob is not adjusted correctly.	Readjust the sensitivity. (Refer to Page 6)

• If you are not able to get correct measurement after taking the above-mentioned measures, contact your OMRON dealer.

Specifications

Type	OMRON Pedometer
Model	**HJ-005**
Power Supply	1.5 VDC (one LR43 battery)
Measurement Range	Number of steps: 0 to 99,999 steps
Operating Temperature	-10°C to +40°C
Precision of Step Counting	Within +/- 5% (by vibration testing machine)
Battery Life	Approx. 1 year (when used for walking 10,000 steps a day)
External Dimensions	Approx. 63.5 x 36.3 x 23.0 mm
Weight	Approx. 24 g (including the battery)
Accessories	Battery (one built-in LR43), Instruction Manual

• Specifications are subject to change without prior notice.